CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR,FE-5	BREAKFAST
06:40-07:30	FE-4	BREAKFAST SM ПСС [Caution & Warning Panel] Test (after breakfast)
07:30-07:35	CDR	BCAT Camera Battery Changeout
10:00-11:15	CDR	Physical Exercise T 2
11:15-12:45	FE-4	Physical Exercise (TVIS), Day 3
11:30-13:00	FE-5	Physical Exercise (ARED)
13:00-14:00		LUNCH
14:00-14:10	CDR	BCAT5 Camera Check
14:00-14:40	FE-4	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
14:10-14:15	CDR	MPC Power Up
15:30-16:30	FE-4	Physical Exercise (VELO), Day 3
16:00-17:15	CDR	Physical Exercise (ARED)
16:15-17:15	FE-5	Physical Exercise (CEVIS)
17:30-17:45	FE-5	Private Family Conference
18:20-18:40	CDR	HRF Urine Collection Hardware Setup
18:40-19:05	CDR	Evening Work Prep
18:45-19:05	FE-4 ,FE-5	Evening Work Prep
19:05-19:20		Daily Planning Conference (S-band)
19:20-19:25	CDR	P/TV Playback End
19:20-19:30	FE-4 ,FE-5	Evening Work Prep
19:25-19:30	CDR	BCAT Camera Battery Changeout
19:30-21:30	FE-4 ,FE-5	Pre-sleep
19:30-20:00	CDR	Pre-sleep
20:00-20:15	CDR	Private Family Conference
20:15-21:30	CDR	Pre-sleep
21:30-06:00		SLEEP
Task List	FE-4	Preparation of reports for Roskosmos site
		ECON. Observations and Photography
		SEINER Ocean Observations

Notes:

- 1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
- 2. See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram